



Cook the Book: Kalbi with Korean Slaw



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1124 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds beef ribs bone-in (see Note)
- ☐ 3 tablespoons canola oil
- ☐ 1 carrots grated
- ☐ 4 servings rice white cooked for serving
- ☐ 6 garlic clove coarsely chopped
- ☐ 1 head cabbage green cored quartered cut into shreds
- ☐ 2 teaspoons pepper black
- ☐ 1 large onion quartered

- ☐ 0.3 head cabbage red cored
- ☐ 2 teaspoons salt
- ☐ 1 tablespoon sesame oil
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1 cup soya sauce
- ☐ 2 tablespoons sugar
- ☐ 4 servings vegetable oil for brushing
- ☐ 1 cup vinegar white
- ☐ 0.5 cup cooking wine dry red

Equipment

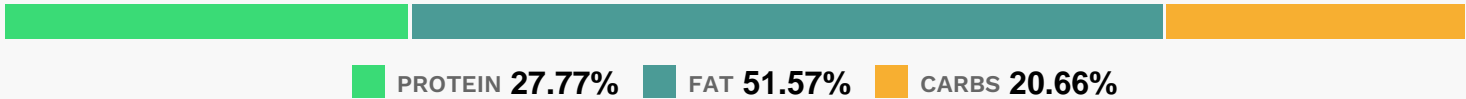
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ grill pan
- ☐ chopsticks

Directions

- ☐ Put the onion and garlic in a food processor and pulse until finely chopped.
- ☐ Transfer the mixture to a large bowl.
- ☐ Add the sugar, pepper, soy sauce, wine and sesame oil. Stir to combine and dissolve the sugar.
- ☐ Put the ribs in a large plastic bag, pour in the marinade, squeeze out any air, and seal closed. Marinate in the refrigerator for at least 1 hour or up to overnight, turning the bag a couple of times.
- ☐ Place a large grill pan on two burners over medium-high heat, prepare a fire in a charcoal grill, or preheat a gas grill to medium-high. (You can also use your oven broiler.)

- ☐ Remove the ribs from the marinade.
- ☐ Brush the grill grates lightly with the oil.
- ☐ Place the ribs on the grill meaty-side down and cook, turning as needed, until well browned but still pink inside, about 5 minutes total. Set the ribs aside to rest for 5 minutes.
- ☐ Sprinkle with the sesame seeds.
- ☐ Serve with the Korean Slaw and white rice.
- ☐ Ingredient Note on Short Ribs: Korean-style short ribs, also known as flanken or crosscut, are sliced crosswise across the bones instead of between the ribs. You end up with a strip of meat about 8 inches long that has 3 slivers of rib bones lining the bottom. This cut not only helps the meat to absorb the marinade but also makes eating easier, especially with chopsticks. Korean-style short ribs can be found at most butchers and Asian markets. If not available, butterfly the meat by slicing each rib lengthwise almost to the bone and opening it up like a book.
- ☐ Korean Slaw
 - ☐ Soak the red cabbage in a bowl of cold water for 30 minutes to draw out some of the color so it doesn't bleed into the slaw.
 - ☐ Drain, dry well, and put into a large bowl.
 - ☐ Add the green cabbage and carrot; toss with your hands to combine.
 - ☐ Drizzle in both oils, tossing well to coat the vegetables.
 - ☐ Combine the vinegar, sugar, and salt in a bottle or jar and shake to blend well.
 - ☐ Pour the vinegar mixture over the slaw and toss to combine.

Nutrition Facts



Properties

Glycemic Index:126.48, Glycemic Load:34.65, Inflammation Score:-10, Nutrition Score:56.094782456108%

Flavonoids

Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg, Cyanidin: 110.03mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin:

0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 1123.67kcal (56.18%), Fat: 62.73g (96.5%), Saturated Fat: 17.97g (112.32%), Carbohydrates: 56.54g (18.85%), Net Carbohydrates: 47.52g (17.28%), Sugar: 18.91g (21.02%), Cholesterol: 195.36mg (65.12%), Sodium: 4689.54mg (203.89%), Alcohol: 3.12g (100%), Alcohol %: 0.42% (100%), Protein: 76.01g (152.02%), Vitamin K: 230.14µg (219.18%), Vitamin B12: 11.23µg (187.08%), Vitamin C: 118.05mg (143.09%), Zinc: 17.24mg (114.94%), Vitamin B6: 2.02mg (100.84%), Phosphorus: 849.63mg (84.96%), Selenium: 56.55µg (80.78%), Manganese: 1.56mg (78%), Vitamin B3: 14.96mg (74.82%), Vitamin A: 3362IU (67.24%), Iron: 10.69mg (59.41%), Potassium: 2014.6mg (57.56%), Vitamin B2: 0.77mg (45.31%), Magnesium: 155.29mg (38.82%), Vitamin B1: 0.58mg (38.41%), Folate: 150.84µg (37.71%), Fiber: 9.03g (36.11%), Copper: 0.49mg (24.46%), Vitamin E: 3.58mg (23.9%), Vitamin B5: 2.28mg (22.84%), Calcium: 198.5mg (19.85%)